

## ABSTRACT

This invention concerns a protective body vest/vest/jersey for protecting against impact upon a human torso when worn by an athlete during sporting activities. The invention comprises a multi-layered, one-piece garment comprising a vest/jersey sized and shaped to be worn on the torso of an athlete with a protective padding that can be customized by the wearer based on safety, comfort and athletic performance concerns. The invention further comprises a pair of shoulder portions with a fastening means therein for attaching or accommodating the attaching of a shoulder pad type object, an anterior portion, a pair of lateral portions and a posterior portion. The invention further either utilizes an offset opening or offset openings located off set from the medial line of a human torso to protect the heart, or is donned/removed in an over-the-head, pullover manner. The invention may further utilize an overlap or flap to cover and protect the region of the offset opening.